

# Alcoholic Steatohepatitis (ASH)

Oral nutrition

ONS

Medical nutrition

All patients

Severe ASH

26) In the management of severely malnourished ASH and cirrhosis patients, a poorer survival compared to non-malnourished patients shall be expected. (S8)

27) Individualized nutrition counselling should be used in order to improve food intake. (R23)

28) Patients should be fed orally as long as cough and swallow reflexes are intact, and energy and protein goal intakes can be achieved. (R17)

29) In patients with severe ASH trace element and vitamin deficiency should be anticipated. (S12)

30) Nutrition therapy should be offered to all patients with severe ASH who cannot meet requirements by spontaneous food intake in order to improve survival, infection rate, liver function and resolution of encephalopathy. (R15)

31) ONS should be used when patients with severe ASH cannot meet their caloric requirements through normal food in order to improve survival (R16)

32) ONS shall be used as first line therapy when feeding goals cannot be attained by oral nutrition alone and should be given as a late evening or nocturnal supplement. (R24)

# Espen Guidelines On Enteral Nutrition Liver Disease

**Ensheng Dong**



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